Chapter 3/Lesson 1 Terms

***Physical Fitness:*** the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

***Body Composition:*** the ratio of body fat to lean body tissue

***Flexibility:*** the ability to move a body part through a full range of motion

***Muscular Strength:*** the amount of force a muscle can exert

***Muscular Endurance:*** the ability of the muscles to do difficult physical tasks over a period of time without causing fatigue

***Cardiorespiratory Endurance:*** the ability of the heart, lungs, and blood vessels to send fuel and oxygen to the body’s tissues during long periods of vigorous activity

Chapter 3/Lesson 2 Terms

***Sedentary Lifestyle:*** a way of life that requires little movement or exercise

***Metabolism:*** the process by which your body gets energy from food

***Basal Metabolism:*** the minimum amount of energy required to maintain the life processes in a body

***Calories:*** units of heat

***Aerobic Exercise:*** vigorous activity in which oxygen is continuously taken in for a period of at least 20 minutes

***Anaerobic Exercise:*** intense bursts of activity in which the muscles work so hard that they produce energy without using oxygen

***Isometric Exercise:*** activity that uses muscle tension to improve muscular strength with little or no movement of the body part

***Isotonic Exercise:*** activity that combines muscle contraction with repeated movement

***Isokinetic Exercise:*** activity that involves resistance through an entire range of motion

Chapter 3/Lesson 3 Terms

***Cross-training:*** combining various exercise routines to help work different body systems

***Overload:*** working the body harder than it is normally worked

***Progression:*** a gradual increase in overload necessary for achieving higher levels of fitness

***Specificity:*** particular exercise and activities improve particular areas of health-related fitness

***Warm-up:*** engaging in activity that prepared the muscles for the work that is to come

***Cool-down:*** engaging in activity to gradually decrease activity

***Resting Heart Rate:*** the number of times your heart beats in one minute when you are not active